

three places to call

1 **Kōkua Mau:** *A Statewide Partnership to Improve End-of-Life Care in Hawai'i*

P.O. Box 3495
Honolulu, HI 96811-3495
Phone: (808) 585-9977
Tollfree: (800) 474-2113
Email: info@kokua-mau.org
Website: www.kokua-mau.org

2 **Your local Office on Aging:**

State:
State Executive Office on Aging 586-0100

O'ahu *Elderly Affairs Division* 523-4545

Hawai'i
*Hawai'i County
Office of Aging* 961-8600

Kaua'i *Agency on Elderly Affairs* 241-6400

Maui County
*Maui County
Office on Aging* 270-7755
Moloka'i 553-5241
Lana'i 565-6282

3 **Your local Hospice:**

O'ahu:
Hospice Hawai'i 924-9255
St. Francis Hospice 595-7566

Hawai'i:
Hospice of Hilo 969-1733
Hospice of Kona 334-0334
North Hawai'i Hospice 885-7547

Kaua'i:
Kaua'i Hospice 245-7277

Maui:
Hospice Maui 244-5555

Moloka'i:
Hospice Hawai'i-Moloka'i 553-4310

three easy steps

1 Talk about it Talk with your parents and loved ones about their feelings concerning their own end-of-life care. Death, like birth, is a natural part of the life cycle. In the same way that we plan our finances, we should plan for our later years.

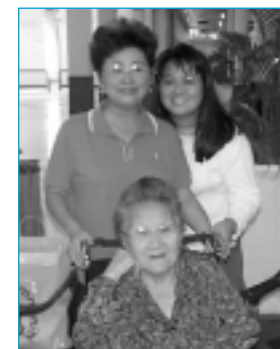
2 Learn what's out there Ask questions. And find the answers. Learn what choices there are for your parents' later years: advance directives, hospice and palliative care, pain management. On the Internet, go to www.kokua-mau.org

3 Make plans before you need to Do it. It's easy to put it off, to avoid the discussion, and to hope that it's already "taken care of." Avoid making decisions during times of crisis. There are many people and organizations in Hawai'i to assist you. Make the call (808) 585-9977 or (800) 474-2113. We can help direct you to where you can find the answers you need.

*This brochure
provides information
to help you plan
for the end-of-life
care of a loved one.
Use it as a starting
point to connect
with resources in
your community
and to begin
discussions with your
loved ones about
planning for their
later years.*

kōkuamau

"Continuous Care"



A woman's resource

WOMEN ARE MANY THINGS

WOMEN DO MANY THINGS

WOMEN ARE CAREGIVERS

■ We are mothers, daughters, wives, partners and friends. We are professionals, homemakers, entrepreneurs and retirees.

■ We work and shop and raise kids. We play and love and laugh. And we also care for the ones we love, even at the most difficult times, during illness and at the end of life.

■ We may not always identify ourselves as being caregivers, but we are the ones who take care of our families, who provide for their well-being, and to whom they turn for support, guidance and assistance. 75% of caregivers are women.

three things

you can do to improve
end-of-life care for your
family, friends and community

- 1 **Call Kōkua Mau** for a free brochure, “Compassionate Conversations” – to help you start a conversation with your parents or loved ones about choices at the end of life. (800) 474-2113. (808) 585-9977.
- 2 **On the Internet**, go to www.kokua-mau.org. Links to community resources, a sample advance directive, “Compassionate Conversations” and more.
- 3 **Contact Kōkua Mau** to arrange a Speakers Bureau presentation for your local organization, church, temple or workplace. It’s free, presented by professionals, and personalized to fit your needs. Available on all islands.

terms to know

■ Advance Health Care Directive

A legal document that people prepare and sign that can state their wishes regarding some end-of-life choices. It is free and easy to complete, and everyone can make one. It is important to have in the event of an accident, serious illness, or conditions leading to the end of life, when you cannot speak for yourself. It is a gift to family members and friends so that they won’t have to guess what you want.

- Tells your wishes or instructions for health care
- Names an agent to help carry out your wishes
- Helps your doctor and family know your wishes
- Alerts medical staff you have special instructions

Advance Directive forms are available at the State Executive Office on Aging. Call (808) 586-0100.

■ Pain Management

There doesn’t need to be pain at the end of life. This is your right. Claim it and demand good care.

■ Palliative Care

Comfort care.
Helps people feel comfortable and free from pain and other symptoms.



■ Hospice

Palliative care with the goal of providing physical, mental, emotional and spiritual support for people and their families during end-of-life care. Hospice care is usually provided in one’s home, but can also be offered in a medical facility (hospital or nursing home), a hospice house or hospice inpatient facility.